



# Trigger Point Therapy Chart/Poster Set

*Becky Swan, Michael Jespersen*

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## **Trigger Point Therapy Chart/Poster Set** Becky Swan, Michael Jespersen

This colorful laminated, two poster set, is perfect in a massage therapist s office or other clinical setting for the purpose of locating client pain areas, as well as client education. **Laminated, 24 by 36 inches**

The set includes;

### **Trigger Points 1:** Anterior Body, Head, Neck and Arms

- A trigger point is defined as well as, how to distinguish between principal and spillover pain areas.
- A labeled diagram of the spine makes it easier to show your clients the cervical, thoracic, lumbar, and sacral parts in relation to the trigger points and underlying muscle tissue.
- A full Anterior diagram gives a better visual reference when locating muscle groups.

### **Trigger Points 2:** Posterior, Arms, Legs, Hands and Feet

- Different levels of intensity are explained in relation to pain and what to expect.
- Both back and front of hands and feet are shown to complete the body reference points. A full Posterior diagram gives a better visual reference when locating muscle groups.

The posters are clear and concise with accurate representation of both trigger points and their associated principal and spillover pain areas.

Organized to make it quick and easy locate trigger points and referred pain areas (not always next to each other) these charts are essential for accurately explaining how trigger points work to clients.

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